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# 121 Family Times

***121 Signal Battalion Task Force Lightning***

## ***...Letter From the Editor....***

Helen Keller remarked, "When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us." Although the deployment is difficult, seize the opportunity to better yourself, your family, and your community. Yes, a year can be a long time, but in the context of a lifetime, it is a "drop in the bucket."

**Michele Carter...Family Readiness Assistant**

## **The "First Lady" of 121: Sarita Garrison**

I can't believe spring is finally here in Kitzingen, Germany. This is our second time to live in the great land of Franconia. Seeing the fields plowed up and flowers blooming and knowing soon that the bare fields will soon be fields with enormous sunflowers is such a joy to me.

Almost 3 months have gone by since the main body of 121 Signal left for Iraq. I know it has been an adjustment in your life not to have your spouse around, and also worrying about their safety. I know that lots of prayers have gone out to protect our soldiers. Our soldiers are doing an outstanding job and my husband is very proud of his Battalion.

Summer will keep everyone busy with school letting out and all the summer plans we generally have during this season. ***Staying busy is the key to surviving this deployment.*** I have been through 3 official deployments with my husband. The first Gulf War, Kosovo, and now this deployment. Each deployment is different. We have so much more to offer with our established FRG's now than in the past. During the first Gulf War, our troops left in a matter of weeks and were gone for 9 months. There were no FRG's. This is why the Family Readiness Group was started; to help the spouses cope with their loved ones being deployed. Our 417<sup>th</sup> BSB has provided us with so many activities just for us. There are many programs to help each and everyone cope through these trying times. If you don't take advantage of them, you're missing out.

I want to thank our wonderful *Task Force Lightning* for all their hard work they have done to support our families. I also want to thank each FRG Leader for volunteering their personal time to make our companies' FRG's outstanding! Thanks again for all that you do for everyone. Have a great summer and hope to see you at your FRG meetings and Battalion functions.

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# Battalion Corner

*Here's what's happening in your local FRG:*

**HHC:** We had an FRG meeting on Saturday, the 17<sup>th</sup>, at the DFAC. Over 260 books and magazines were donated to send down-range. We also added to the MP fence with 120 new yellow ribbons. Amanda Bard is "chairing" a Mom and Me playgroup. They meet on a regular basis at different playgrounds, call 09321 924 389 for more info. Our next meeting will be Sat. May 15<sup>th</sup> at 1030 at the DFAC. Brunch is available, but you do not need to eat to attend the meeting.

**A Co.:** Our next meeting will be on Wednesday, 5 May, at 6:30 p.m. It will be a pot-luck at the Yellow Ribbon Room on Leighton Barracks. I'd like to thank Hannah Davis for putting out our monthly newsletters. She selflessly gives of her time despite being pregnant and having two small children. The single soldiers received their care packages and greatly appreciated everyone's hard-work.

**B Co.:** Our FRG is up and running and if you have any comments or suggestions for making it better, please let us know. This is your organization and we are here to support you. Also, we'd like to thank each of you for your support during this time of loss. Continue to stay strong and find strength in one another, Together, we will make it through the duration of this deployment.

**C Co.:** Now that the weather is nice, we are going to decorate our Motor-pool fence on 8 May 2004. Join us for a potluck BBQ at the BN gazebo starting at 12 with decorating starting at 1 pm. We decided at our last meeting that we will put together an OIF C Co cookbook to share the good recipes people have made throughout this deployment. Our t-shirt project is underway so contact me if you are interested and have not gotten the details. We are continuing to expand our network of supporters to our soldiers and I will recognize them at a later date. Thank you to Katrina Ballesteros for volunteering to be our treasurer. Please join us even if you haven't participated in a meeting or activity yet. You will fit right in to our FRG. Our next meeting is on **Friday 21 May, 6 pm at the Yellow Ribbon Room.**

**FRAA:** If you have not heard, we will conduct a Battalion deployment update every 90 days. Our goal is to bring the battalion together in an informal setting and allow everyone the opportunity to voice their concerns and/or to share beneficial coping strategies. If you have any (tasteful) pictures from down-range or an FRG function that you would like to share with the Battalion, please e-mail them to me at [michele.carter@1id.army.mil](mailto:michele.carter@1id.army.mil). Your rear detachment team is a great resource available to you, but you must also practice personal accountability and responsibility. If you are not willing to help yourself, there's only so much we can do for you. If you have any questions, comments, or concerns, please contact me at 09321-702-2748 or 0160-599-4287.



## Walk to Iraq (and Back)

Are you logging your miles? If so, please send your monthly totals in at the end of each month.

Welcome the newest members of the 121 family....



**SGT Brent & Stephanie Apodaca**  
a baby girl, Aaliyah  
on 26 March 2004

**SPC Joseph & Meghan Smith**  
a baby girl, Milla  
on 10 April 2004

**SPC Salvador & Marilou Donida**  
a baby girl, Stephanie  
on 26 April 2004



# Community Corner

## May Events

- 1: Battalion Update at 1030 (Larson DFAC)
  - 1: Parents Day Out (Leighton CDC/CYS Facilities)
  - 1: HHC 3-58 Garage Sale from 0900-1600 (across from Leighton Dental Clinic)
  - 4-5: Kloster Forest Nature Walk (Contact Angelika Elliott at 09321-296-4421)
  - 7: Deadline for Summer Hire applications
  - 8: Mother's Day 5k Fun Run (Gieblestadt-Registration starts at 0900)
  - 8: Castle Tour (Leisure Travel 09321-305-8629)
  - 12: Freizeit Land-Gieselwind Trip (Leisure Travel)
  - 15: Poland Shopping Trip (Leisure Travel)
  - 15: Parents Day Out (Leighton CDC/CYS Facilities)
  - 17, 18, & 19: Military Spouse Workshop from 0900-1400 (Contact ACS)
  - 21: "Get Moving with Susan" (Battalion Aerobics) 1030 at Larson Fitness Center
  - 22: Europa Park Trip (Leisure Travel)
  - 26: Army Soldier Show (Leighton Fitness Center)
- \*Community pools open on Memorial Day Weekend\*

"Those who actually solve problems spend very little time complaining about them. Problems are turned into opportunities not by complaining or blaming or endless analysis, but by thoughtful and determined action.

When you're busy solving a problem, you're working to transform it from a negative to a positive. When you merely complain, then you're investing yourself in perpetuating the negativity of that problem.

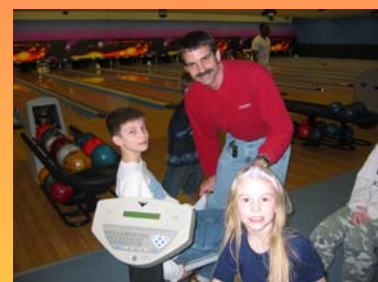
Complaining is easy, and it usually just worsens the situation. Taking positive action is indeed the more challenging course, for it involves effort and commitment.

Taking action requires you to make real-life decisions, to look at the trade-offs and to weigh the value of different options. When you take action, you must be willing to put yourself on the line.

For the results are not going to be perfect, and there is always the possibility of failure. When that happens, you learn from it, and make another, more informed, more determined effort.

Commit to taking thoughtful, persistent action and it will take you where you want to go." ----Ralph Marsten

Thought for month



Thanks to all who came out in support of bowling night. A special thank-you to **Beverly Hobbs** for sponsoring this event.





### 1<sup>st</sup> Infantry Division's Task Force Victory Prayer

*Almighty Father, our refuge and strength...who is always loving and ever present, we ask for strength and courage for the challenge at hand. May we be peace-makers in our own way, by seeking more to build up than to tear down, more to praise than to condemn, and by seeking more to serve than to be served. We do not pray for a lighter load...but a stronger back,..to face the hours and days before us. May You hold our deployed colleagues and loved ones in the palm of Your hand, offering them sanctuary from the challenges they face. May You preserve our loved ones for the day when we can be reunited, once again. Grant, O Lord, peace in our days, peace to our souls, peace to our families, and peace among nations.*

*Amen*

## PFC SHAWN C. EDWARDS

6 April 1984 - 23 April 2004



Please keep his family and friends in your thoughts and prayers.